

Where Can I Go For Help?

If you think you may be in an abusive relationship, there are many ways to get help. The first step is to remember that the abuse is not your fault. No one deserves to be abused and that includes you. Here are some ways you can get help:

- ☛ Talk to someone you can trust. It can be friends, family, teachers, parents or anyone else you feel comfortable talking with about your relationship.
- ☛ Put together a safety plan. Decide how to stay safe at home, school, work, etc., and let someone you trust know of your plan.
- ☛ Call a hotline. Hotlines have people you can talk to about your relationship and can let you know where to get help. Most hotlines are available 24 hours a day, seven days a week. You can call a hotline for free. The hotline number in Indiana is **1-800-332-7385**. The national hotline number is **1-800-799-SAFE**.

If you are in immediate danger, call the police. Call 911.



Resources

Indiana Coalition Against Domestic Violence [ICADV]

Toll-free 24-hour hotline 800.332.7385
Voice and TTY 317.917.3685
Administrative Office 800.538.3393

Resource Library www.icadvinc.org
[books, dvds and videos available to loan for research]

Connect2Help 211

National Domestic Violence Hotline
www.ndvh.org 800.799.SAFE

Rape Abuse & Incest National Network [RAINN]
www.rainn.org 800.656.HOPE

IYG (Indiana Youth Group) [LGBT]
www.indianayouthgroup.org 317-541.8726

www.loveisrespect.org
Website about teen relationships and dating violence. Great resource about dating violence with lots of helpful information.

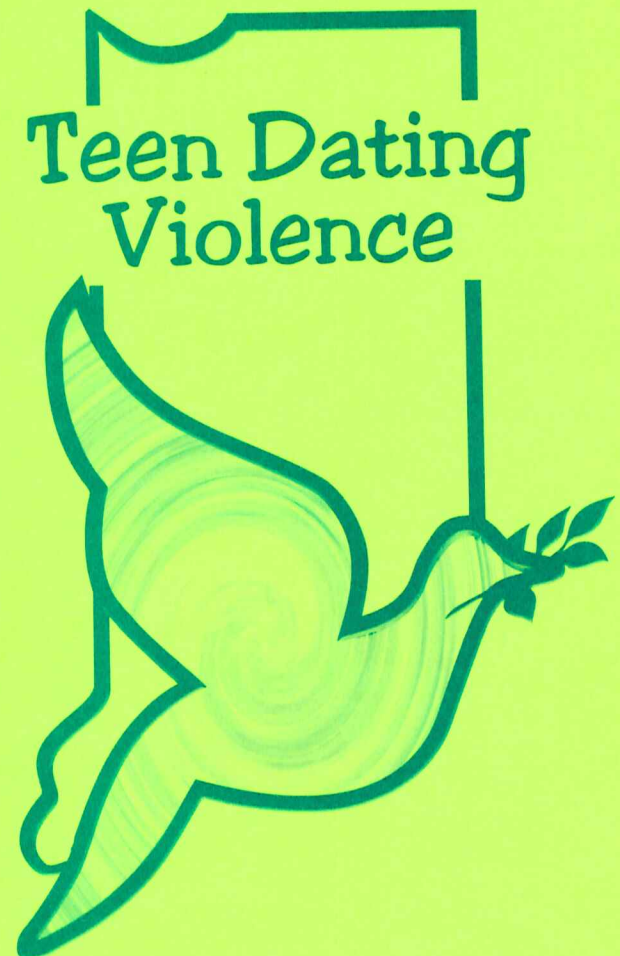
www.heathersvoice.net
Website about teen relationships. Good information, hotline and chat room where teens can talk to other teens about relationships.

www.loveisnotabuse.com
Great information about teen dating violence and a helpful eight-question quiz to test your knowledge about whether you might be in a violent relationship.

www.seeitandstopit.org
This site was created by teens in Massachusetts to help you prevent relationship violence. It's not always easy to recognize dating violence. Learn the warning signs and ways to SEE IT. Here's how to help STOP IT. Help us make a difference in your school or community.



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What Is Dating Violence?

Dating violence is a pattern of behavior that someone uses to gain power and control over a girlfriend or boyfriend. Dating violence isn't an argument every once in a while or a bad mood after a bad day. Abuse can cause injury and even death, but it is not **always** physical. It includes verbal, emotional, economic and sexual abuse. It can happen to anyone, regardless of age, religion, education or economic status. Dating violence also occurs in same-sex relationships.* Dating violence can happen to anyone; it can happen to you.



Types Of Abuse

Physical—slapping, kicking, choking, spitting, punching, pinching or pushing.

Emotional/Psychological—humiliation, intimidation, name calling, playing mind games or isolation.

Sexual—any forced sexual activity or sexual assault.

Economic—taking your money, not letting you get a job or causing trouble for you at work.

*Adapted from *What You Need to Know About Dating Violence: A Teen's Handbook*, by Liz Claiborne Women's Work

Could I Be In An Abusive Relationship?

If you think you may be in an abusive relationship it is important to remember that **no one (including you) deserves to be abused and you are not alone**. Think about your relationship with your boyfriend/girlfriend while reading the following questions.

- When you and your boyfriend/girlfriend are together does he/she ever call you names or put you down?
- Does he/she act extremely jealous when you talk to your friends?
- Does he/she always check up on you, demanding to know where you have been and what you have been doing?
- Does he/she ever hit, push or hurt you in a physical way?
- Does he/she pressure you into having sex when you don't want to?
- Does he/she frequently blame you for losing his/her temper?
- Does he/she accuse you of lying?
- Does he/she ignore your thoughts and opinions and make all the decisions for you?

If you answered **yes** to one or more of these questions you may be in an abusive relationship.

Did you know...

1 in 3 teens is abused in a relationship?

Source: loveisrespect.org

What About Your Friends?

Do you know someone who might be in an abusive relationship? Are you concerned about her/his safety, feelings and future? There are things you can do to help.

Be a good friend. Let your friend know that you are there for her/him. Listen to what s/he has to say and encourage her/him to make her/his own decisions.

Talk about options and what s/he could do, not what s/he should do. Dating violence is about power and control. Your friend may feel as if s/he has no power or control left over her/his own life. Letting her/him decide what to do helps to give back that power and control.

Help her/him put together a safety plan. Discuss how to stay safe at home, school, on the Internet, at work, etc.

Give her/him resources. When you talk to your friend have information and important phone numbers with you such as the ICADV hotline (1-800-332-7385) or an agency in your area that specializes in domestic violence.

